

RESOURCES FOR DIABETES EDUCATION

Updated January 2004



This catalog belongs to:

(name of your program)

**IHS National Diabetes Program
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Educational Resources for Patients with Diabetes

General Diabetes Information

Diabetes and American Indians

Newly Revised 19 page **booklet** explains what diabetes is including what causes it, what high blood sugar is, what insulin is and the types of diabetes. The signs and symptoms for diabetes, getting tested, risk factors and how blood sugar can be controlled are also discussed. Encourages controlling blood sugar by making small changes in food choices and staying active. Low literacy. IHS. Mar. 2000.

Diabetes Awareness Posters

A series of six 24" X 36" **posters** to use in clinics, public buildings and at health fairs. IHS. 1992.

- Protect the Gift of Vision
- Protect the Gift of Walking
- Respect the Gift of Dance
- Respect the Gift of Food
- Respect the Gift of Life
- Respect the Gift of Mind/Body/Spirit

Diabetes and Native Americans: Are You At Risk?

2-page tear-off sheet of **50 sheets/tablet** briefly describes type 2 diabetes, its risk factors and warning signs. Includes a brief test to determine risk for getting diabetes and weight chart. IHS. 1997

***Health for Native Life* is a magazine for Native Americans and Alaska Natives (AI/AN). It's focus is to help AI/AN's prevent and manage diabetes. The magazine features stories about persons who are managing their diabetes. It includes stories on tribal programs that address diabetes needs for community members.**

Health for Native Life Number 1

35-pages, features articles on

- Port Gamble S'Klallam tribal member walks for health
- Nez Perce field technician handles low blood sugar
- Coeur d'Alene women change eating habits
- Nutritionist shares what to eat and how to be active with Nez Perce tribal members
- 66
66Preserving the Salish language and dealing with diabetes on the job
- Eating "on the road"
- Tribal casino worker manages her diabetes

- Indian mothers with diabetes share challenges and celebrations
 - Nez Perce tribal health nurse with gestational diabetes now has type 2 diabetes
 - Having diabetes challenges Indian men
 - Chicken and bean casserole recipe
 - Walking his dog helps Colville elder with diabetes
- IHS, 1999, First in a series

Health for Native Life

Number 2

- 47-pages, features articles on
- Blackfeet women lift weights
 - Taos Pueblo youth run and climb
 - Yoga as part of an exercise routine
 - Colville artist takes time to be active
 - Salish Kootenai veterans eat well on the road
 - Skokomish tribal member changes habits
 - Southwest tribal fitness programs
 - Navajo men and women use tribal wellness center
 - PowWow MC improves health
 - Zuni Pueblo elder records CD
 - Chippewa/Cree sisters support each other
 - Jemez Pueblo people walk to greet ancestral remains
 - Questions about diabetes answered
 - Knowing blood sugar levels
 - Salish Kootenai Tribal Nutrition Center
 - Blackfeet enforcement officers handle stress
 - Chicken enchilada casserole recipe
- IHS, August 2000; Second in a series

Health for Native Life

Number 3

- 47-pages, features articles on
- Comfort in knowing Your numbers
 - Stay Young at Heart – lipid numbers
 - Miccosukee tribal members on the go
 - Healthy tips for life on the road
 - Couples share how they manage diabetes
 - Strategies for ways to ask for support
 - Elder Years – Fine time to be fit
 - Tips from real life – how to cope
 - Kidney dialysis and kidney transplants
 - Be kind to your kidneys
 - Having diabetes and the blues (depression)
 - Buffalo Tiger shares his story of diabetes
 - Seminole tribal members succeed at losing weight
 - Treat Your Feet in a Good Way
 - Recipe – Crunchy Chicken Nibbles
 - Home Life – Carving and Playing Flutes

Health for Native Life

Number 4

- 45-pages, features articles on
- Letter from Dr. Trujillo
 - Tribal Leaders Diabetes Committee
 - Food for Thought
 - Walthill Wonder Youth
 - Yankton Sioux Tribe Youth Center

- Getting an early start to beat Diabetes
- Joy of Fitness
- Energy for All
- Taking Diabetes to Work
- Pass It On: Families share stories
- Keeping Appointments
- Journey with Grief
- Diabetes and Strength
- Recipe: Bean Enchilada
- Home Life: Gone Hunting

Health for Native Life *DPP Special EDITION*

39-pages, features articles on

- Diabetes Can Be Prevented or Delayed
- Tribal Leaders Diabetes Committee
- Southwest Celebrities
- Info on Pre-Diabetes
- Lifestyle Changes to Healthy Food
- Getting Physical? “No Sweat!”
- Place to Feel Divine
- Reduce Your Risk for Diabetes
- Healthy Times Nine
- Journey Back to Farming
- Gift of Zuni Land
- Home Life: The Art of Being Humble
- Insights from Dr. Trujillo
- Letter from Peter H. Bennett

Health for Native Life Number 5

45-pages, features articles on

- Making Fitness A Laughing Matter
- Dare to Ask – Am I Happy?
- A Positive Spin
- Who Helps the Helpers?
- Following the Beat of the Drum
- Dancing Boys
- Life in Duluth
- Investing in Good Health
- So Many Blessings
- Treat Your Feet!
- The Healing Power of Art
- A Trainer Named “Tiny”
- Tips from Leon
- Pot Luck Strategies
- Recipe – Powwows Health Food Choices
- Tribal Leaders – Meet Albert Manuel

Health for Native Life Number 6

47-pages, features articles on

- A River Runs Through Us
- Surrounded by New Ways
- Taking the Well-Traveled Path to Health
- The Secret of Sitka Smiles
- So Many Sights to See
- Passing on the Tradition of Good Health
- Tlingit Elder Tells How Old Ways Help Her Stay Healthy
- Forget the Corn! Pass the Kohlrabi!

- Singing Down the Rain
- Urban Clinic, Home-Town Feel
- There's No Place Like Home
- Treat Your Heart With Tenderness
- You Can Manage Your Budget
- Big on Beauty, Small on Budget
- Recipe: Minestrone Soup
- Tribal Leaders – Meet Kelly Short-Slagley and Sally Smith

Sick Day Guide

Back-to-back tear-off **sheet of 50 sheets/tablet** briefly describes self-care during common illnesses, such as the flu, vomiting, and diarrhea, which can cause serious problems for people with diabetes. IHS, 1995.

Blood Glucose

My Personal Care Record

5 ½ “ X 8 ½ “ 63-page, 30-day record **booklet** for recording blood glucose results, medication, physical activity and food eaten. Instructions on how to record are included. IHS, 1995.
Available in sets of 25.

Know Your Blood Sugar

One-page tear off sheet in **50 sheets/tablet** using thermometer graphic, lists low to very high blood sugar levels. Includes section for patient to indicate when blood sugar will be tested.
Albuquerque Service Unit Diabetes Program, IHS, 1997.

Know Your Blood Sugar/ Hemoglobin A1c

One-page tear-off sheet in **50 sheets/tablet** using thermometer graphic to indicate blood sugar and hemoglobin A1c levels. Albuquerque Service Unit Diabetes Program, IHS, 1997.

Nerve Damage to the Stomach and Intestines

One-page tear-off sheet in **50 sheets/tablet** tells about how high blood sugars over a long period of time can cause nerve damage to the stomach and intestines. IHS, 1995.

Exercise

Taking Care of Yourself By Walking

Newly Revised. 15 page **booklet** encourages walking as a way to control blood sugar. It explains the benefits of walking, how to develop a walking plan, the importance of foot care and wearing properly fitting shoes. Simple suggestions for making regular walking and or other physical activities an enjoyable habit are offered. Low literacy. IHS, Mar. 2000.
Available in sets of 25.

Eyes

Taking Care of Your Eyes

Newly Revised. 15 page **booklet** explains what eye changes can happen due to high blood sugar, how they occur and what to do if changes are noticed. It includes things to do to prevent blindness, the importance of yearly eye exams, what the eye exam checks, when to get new eyeglasses, and how to protect eyesight. Back page includes space for writing down eye exam appointments. Low literacy IHS, Mar. 2000.
Available in sets of 25.

Eye Damage - Retinopathy

Newly Revised 15 page **booklet** defines retinopathy. It explains the risk factors for developing retinopathy and explains ways to prevent and treat retinopathy. Low literacy - 4th grade. IHS, Feb. 2001.
Available in sets of 25.

Stages of Diabetic Eye Disease

8 ½" by 11" one-page color **poster** that shows and describes what a normal retina looks like and the various stages of retinopathy. American Academy of Ophthalmology. 1994.

Foot

Taking Care of Your Feet

Newly Revised. 15 page **booklet** that describes the how's and why's of foot care. Portland Area Diabetes Program. IHS, Oct. 2000.
Available in sets of 25.

Take Care of Your Feet

A tri-fold **booklet** that describes good foot care . Navajo Area Physical Therapy and IHS Diabetes Program. 1996.
Available in sets of 25.

Footwear for People with Diabetes

8 page **booklet** describes foot problems created by worn out shoes or socks, shoes with pointed toes or that are too tight. Includes tips on buying new shoes. IHS Diabetes Program. 1994.
Available in sets of 25.

Numbness to Legs, Hands and Feet/Pain

Back-to-back tear-off **sheet of 50 sheets/tablet** describes nerve damage to the feet, legs and hands which may lead to amputations. IHS, 1995.

Heart

How to Have A Healthy Heart

Newly Revised. 15 page **booklet** that describes how to have a healthy heart by exercising, eating less food, controlling blood sugar, and keeping scheduled clinic appointments. IHS, Feb. 2001.
Available in sets of 25.

Nerve Damage to the Heart And Blood Vessels

One-page **tear-off sheet of 50 sheets/tablet** briefly describes high blood sugar can damage the nerves that control the blood vessels and heart. Gives recommendation for dealing with related symptoms. IHS, 1995.

Taking Care of Your Heart and Blood Vessels

Newly Revised. 23 page **booklet** describes blood cholesterol and how to lower cholesterol by eating less fat foods and exercise. IHS, Feb. 2001.
Available in sets of 25.

Kidney

Taking Care of Your Kidneys

Newly Revised. 15 page **booklet** that briefly informs patients on kidney damage due to bladder and kidney infections. It also describes how to treat and prevent infections. IHS, Feb 2001.

Available in sets of 25.

My Food Choices to Keep My Kidneys Healthy

18 page **booklet** briefly tells what types of food to eat to stay healthy and prevent high blood pressure which will help to keep your kidneys clean and healthy. IHS, 1996.

Available in sets of 25.

Kidney Damage - Nephropathy

Newly Revised. 15 page **booklet** describes kidney function , causes and signs of kidney damage, what can be done to delay kidney damage, dialysis treatment and kidney transplant. IHS, Feb 2002.

Available in sets of 25.

Nerve Damage to the Bladder and Urinary System

A single **tear-off sheet of 50 sheets/tablet** on high blood sugars which can damage the nerves that control the bladder, kidneys, and urinary tract over a period of time. IHS, 1995.

Native Americans and Kidney Transplants

24 page **booklet** describes kidney function, kidney transplantation, and how to be an organ donor. IHS, 1997.

Available in sets of 25.

Medication

Diabetes and Oral Pills

Newly Revised. 14 page **booklet** describes the action of oral pills uses to help control blood sugar. IHS, Oct. 2000.

Medicines for People with Diabetes

Newly Revised. 32-page **booklet** describes the oral diabetes pills and insulin. In question and answer format, briefly explains the role of diabetes medications for type 1 and type 2 diabetes. Describes 4 types of oral diabetes medication including how it works, how often it is taken, when it is taken and possible side effects. Also describes the action of 5 types of insulin, how insulin works, how often and when it is taken, injection sites, storage concerns and possible side effects. Mentions possibility of taking more than one diabetes medication at a time. Reviews cause and treatment for low blood sugar. Information is current as of July 1999. **This booklet is also available through the National Diabetes Information Clearinghouse.**
Available in sets of 25.

Diabetes and Insulin

Newly Revised. 15-page booklet describes the use of insulin in the treatment of type 2 diabetes. In question and answer format, very briefly explains high blood sugar, how insulin can help control high blood sugar, the body's production of insulin, learning to take shots, changes in meal planning, physical activity, what to do if an insulin shot is forgotten, how long is taken and suggestions for making changes slowly. IHS, Oct 2001.
Available in sets of 25.

Nutrition

Choosing Good Foods

8 1/2" x 14" **tear-off sheet of 50 sheets/tablet** provides three lists of food for client to indicate what is eaten at least once a week. Total numbers from each list will guide suggestions for making dietary changes. Suggested serving sizes included. Claremore Indian Hospital Diabetes Program, 1996.

Healthy Eating Food Guide for People with Diabetes

4-page (each page 8 1/2" X 11") **fold-out pamphlet** utilizes the food guide pyramid with food familiar to Native American communities. Suggests food selections using a "stop light" concept. IHS, 1995. (Pyramid/pt handout)

Healthy Eating For People with Diabetes

15 page **booklet** provides information on healthy foods, foods with less fat, serving portions for breakfast, lunch, dinner, and snacks. Also includes a schedule for meals. IDC, 1997. **Limit 50 per order. Consider purchase from the International Diabetes Center.**

Hidden Fats

8 1/2" X 11" **tear-off sheet of 50 sheets/tablet** covering hidden fats in a table, 1st column on food, 2nd column on sugar content in pats and 3rd column is the total calories. Winnebago/Omaha Diabetes Project, 1990.

Hidden Sugars

8 1/2" X 11" **tear-off sheet of 50 sheets/tablet** covering hidden sugars in a table, 1st column on food, 2nd column on sugar content in cubes and 3rd column is the total calories. Winnebago/Omaha Diabetes Project, 1990.

Hidden Sugars and Fats

8 1/2" X 11" **tear-off sheet of 50 sheets/tablet** covering hidden fats in a table, 1st column on food, 2nd column on sugar in cubes, 3rd column on fat content in pats, and 4th column is the total calories. Winnebago/Omaha Diabetes Project, 1990

I Have Diabetes: How Much Should I Eat

28-page **booklet** describes portion sizes using the food guide pyramid. Assists client, using a Question and Answer format, to determine amounts to eat of starches, vegetables, fruit, milk and yogurt, protein foods, fats and oils, and sugary foods. Provides a guide to plan meals and snacks for one day. IHS, July 1999. **Available in sets of 25. Also available through the National Diabetes Information Clearinghouse**

I Have Diabetes: What Should I Eat

32-page **booklet** encourages diabetes control through healthy eating using the food guide pyramid. Assists client, using a Question and Answer format, to describe, determine portion sizes, and identify healthy ways to buy/cook/eat starches, vegetables, fruits, milk and yogurt products, protein foods, fats and oils, and sugary foods. IHS, July 1999. **Available in sets of 25. Also available through the National Diabetes Information Clearinghouse.**

I Have Diabetes: When Should I Eat

8-page **booklet** describes why blood sugar should be kept at a healthy level, suggests ways to keep blood sugar at healthy levels, encourages eating the same amount each day and explains why, and provides clocks for client to enter times to eat and when to take diabetes medication. IHS, July 1999. **Available in sets of 25. Also available through the National Diabetes Information Clearinghouse.**

Making Fry Bread More Healthy

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** provides fry bread recipe using whole wheat flour and vegetable oil.

Meal Planning with Diabetes

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** gives information on daily food intake. Can be used to share basic information on meal planning with diabetes. IHS Health Center, Ft. Totten, ND, 1988.

**Tips On How To Cut Down
On Fat**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** that provides 6 ways on how to cut down on fat.

Traditional Foods Can Be Healthy

10-page **booklet** presents a comparison between the traditional and modern lifestyles of Native Americans to encourage a return to healthy food choices. NIH/National Cancer Institute, 1996. **Available in sets of 25.**

**Why All the Talk About Fiber?
-Eating Healthy the American
Indian Way**

14-page **booklet** includes brief guidelines on shopping for high fiber foods, low fat cooking, and choosing high fiber foods at home and away from home. NIH/National Cancer Institute, 1995. **Available in sets of 25.**

**Why all the Talk About Fat?
-Eating Healthy the American
Indian Way**

17-page **booklet** gives advice on shopping for food that has less fat, food preparation and cooking, baking, and broiling using less fat. NIH/National Cancer Institute, 1995. **Available in sets of 25.**

Pregnancy

How to Have A Healthy Baby-Gestational Diabetes

Newly Revised. 23-page **booklet** describes high blood sugar during pregnancy problems that can be caused, good food choices, exercises during pregnancy, home blood sugar testing and special pregnancy tests. IHS, Feb. 2001. **Available in sets of 25.**

My Prenatal Care Record

5½" x 8½" 33-page, 15-day **record booklet** for recording blood glucose results, medication, physical activity, and food and drink intake instructions on how to record are included. IHS Diabetes Program, 1996. **Available in sets of 25.**

Planning for Pregnancy When You Have Diabetes

13-page **booklet** briefly describes problems associated with type 2 diabetes and pregnancy. Emphasizes good blood glucose control prior to becoming pregnant. Lists blood glucose goals. Addresses late or irregular menstrual problems. IHS Diabetes Program, 1995. **Available in sets of 25.**

Diabetes and Family Planning

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** emphasis the importance of good blood glucose control prior to becoming pregnant. Includes birth control options. IHS Diabetes Program, 1995.

Psychosocial

Feelings and Diabetes

Newly Revised. 19 page **booklet** reviews emotional responses to having diabetes and the importance of acknowledging these feelings. Briefly reviews ways to feel good while having diabetes. IHS, Oct. 2000.
Available in sets of 25.

Sexual Health

The Intimate Side of Diabetes

Newly Revised. 15-page **booklet** in question and answer format addresses concerns related to sexuality and pregnancy for individuals who have diabetes. Includes a section pertaining to men and a section pertaining to women. IHS, Feb. 2001.
Available in sets of 25.

Teeth

Taking Care of Your Teeth: Gum Disease

Newly Revised. 11-page **booklet** describes gum disease, plaque build-up, signs of gum disease and ways to prevent gum disease. IHS, Feb. 2001.
Available in sets of 25.

Health Promotion

**Blood Pressure: Keep the
Harmony:** American Indian and Alaska
Native Women: Keepers of Wisdom To
Strengthen The Heart

On-page **tear off sheet of 50/tablet** describes high blood pressure and includes tips for keeping a healthy blood pressure level. NIH/IHS, 1996.

**Being Active: Give your heart
a Workout!**

American Indian and Alaska Native
People: Keepers of Wisdom to Strengthen
The Heart

One-page **tear off sheet of 50/tablet** encourages physical activity to prevent heart disease. Provides brief instructions for starting a walking program and reasons why being active is good. NIH/IHS, 1996.

Healthy Eating: Treat Your Heart

American Indian and Alaska Native
Women: Keepers of Wisdom to Strengthen
The Heart

One-page **tear off sheet of 50/tablet** describes traditional foods. Encourages making healthy food selections and habits. NIH/IHS, 1996.

Tobacco Misuse: Help your heart

American Indian and Alaska Native
People: Keepers of Wisdom to Strengthen

One-page **tear off sheet of 50/tablet** acknowledges tobacco use has always been part of American Indian culture. Reviews harmful effects of tobacco use. NIH/IHS, 1996.

Resources for Use by Health Care Providers

General

IHS Minimum Standards of Care For Patients with Type 2 Diabetes

Complete explanation of the IHS Minimum Standards of Care for Patients with Type 2 Diabetes. IHS, April, 2001.

Available on IHS National Diabetes Program web page:

<http://www.ihs.gov/medicalprograms/diabetes>

Or call program office for copy: 505-248-4182.

“Balancing Your Life and Diabetes” Curriculum

The “*Balancing Your Life and Diabetes*” Curriculum is a series of 12 training modules to be used by health professionals to provide diabetes education in a one-on-one or group setting. The curriculum provides basic information about type 2 diabetes, diabetes self-care, and general health care practices. The curriculum contains 12 sessions as follows:

- Session 1: What is Diabetes?
- Session 2: Diabetes and Mind, Spirit, and Emotion
- Session 3: Making Healthy Changes
- Session 4: Health Eating
 - Section 1: Introduction to Health Eating
 - Section 2: Basics of Healthy Eating
 - Section 3: Heart Healthy Living
- Session 5: Moving to Stay Healthy
- Session 6: Diabetes Medicine
 - Section 1: Overview
 - Section 2: Oral Pills
 - Section 3: Insulin
- Session 7: Home Blood Sugar Monitoring
- Session 8: Knowing your numbers – ABC
- Session 9: Balancing Your Blood Sugar
- Session 10: Staying Healthy with Diabetes
- Session 11: Taking Care of Your Feet
- Session 12: Planning for Pregnancy

Each session contains visuals that are recommended for use with each session. (IHS Sept. 2003)

Foot

Standards of Diabetic Foot Care

43-page **manual** includes minimal standards of diabetic foot care which are within the scope of each IHS facility. They represent a multidisciplinary approach to the prevention and salvage of the diabetic foot, utilizing reasonable and attainable resources. IHS Aberdeen Area Office and Diabetes Control Program. 1998.

Basic Approach to the Diabetic Foot

41-page **booklet** is intended for use by Community Health Representatives and health care professionals within the IHS, tribal and urban Indian health programs. This booklet contains chapters on Foot Problems, Foot Exam, Taking Care of the Diabetic Foot and Patient with the Foot Ulcer. The appendix includes sample foot care clinic and home visit forms. IHS Billings Area Diabetes Program, 1995.

Foot Stickers

Gummed 1" X 1 ½" orange **stickers** used on charts to identify diabetes patients who have high risk feet. **60 stickers/sheet.** IHS.

Nutrition

Cooking for Good Health

A **series of modules** to teach cooking classes on healthy eating topics. Each module includes lesson plans, objectives and activities for:

- Setting Up Your Class
- Good Foods Can be Low In-Fat
- Preparing High Fiber Foods -
- Low Calorie Desserts and Holiday Foods -
- Low Fat Meat Cooking -
- Health Wise Shopping for Foods -
- Recipes

Blackfeet Diabetes Program, 1995

Limit one per program.

Healthy Eating Food Guide Handbook and Resource Guide for Health Care Providers

36-page resource manual designed to be used with *Healthy Eating Food Guide Pyramid for Patients with Diabetes* client handout. Includes the following sections:

- Diabetes Nutrition Education Priorities and Strategies
- The Healthy Eating Food Guide Pyramid for Native Americans with Diabetes
- Teaching with the Healthy Eating Food Guide
- Appendices

IHS, 1995

Healthy Eating Food Guide for Diabetes

4 poster set depicts the food guide pyramid using a “stop light” format. Larger version of the client handout of the same name. IHS, 1995

Honor the Gift of Food

16-section **workbook** contains lesson plans, activities and low fat/low sugar recipes designed to be used in the home setting. Commodity foods can be used in any of these recipes. Lesson plans

include:

- | | |
|----------------|------------------|
| - Tools | - Food Safety. |
| - Baking Mix | - Magic Mix |
| - Food Choices | - Food Pyramid |
| - Breads | - Fruit |
| - Vegetables | - Dairy |
| - Meats | - Fish |
| - Eggs | - Planning Meals |
| - Exercise | - Children |

Portland Area Diabetes Program 1995.

Limit one per program.

Pregnancy

Gestational Diabetes Educational Curriculum

48-page, 4-lesson **curriculum** outlines classes on gestational diabetes, meal planning, complications, blood glucose monitoring and exercise. Includes list of materials utilized and sample patient hand-outs. Gila River Diabetes Educational Program. 1997. **Limit one per program.**

Gestational Diabetes Stickers

Gummed 1" X 1 ½" fluorescent green **stickers** used on charts to identify patients with gestational diabetes, history of GDM, and/or child of a gestational diabetes pregnancy. **60 stickers/sheet.** IHS.

Health Promotion

Holiday Eating Learning Program (H.E.L.P.) – Coordinator’s Guide

10-page program guide outlines this 11-week program for individuals who will coordinate this program. HELP uses team competition and motivational techniques to promote healthful exercise and eating behaviors. Emphasis is promotion of a healthy weight loss or maintenance of healthy weight between Halloween and 2nd week of January. Can be adapted to other time periods. Zuni Pueblo Wellness Center, 1995.

Holiday Eating Learning Program (H.E.L.P.) – Participants Guide

19-page program guide gives instruction to participants who sign up for this team weight loss and competition program. Includes team competition rules, exercise activity record, holiday eating tips, lifestyle improvement plan and food lists. Zuni Pueblo Wellness Center, 1996.

Creating Physical Activity Programs in American Indian Communities

99-page **manual** is designed for anyone who wants to start or develop a fitness program for American Indians in his or her community. The manual provides advice, warnings, and examples from the kinds of experiences that may be faced in working with community members and organizations.

Includes information on:

- Community involvement in program planning
- Community assessment
- Program design
- Tips and suggestions for successful implementation
- Program evaluation

Centers for Disease Control, 1995.

Program Development

Integrated Diabetes Education And Clinical Standards for American Indians/Alaska Natives: Manual and Recognition Program

56-page **manual** uses the National Standards for Diabetes Self-Management, May 2000, as the framework for the manual. Each of the 10 standards is divided into three sections: developmental, educational, and the integrated public health approach. The IHS Recognition Program provides review criteria for each national standard using a this three-stage approach. ***IHS, 2nd Edition, September 2001.***

School Health

You Can Make A Difference: Developing Comprehensive School Health Education Programs in American Indian Communities

A resource booklet based on the experiences of the Indian Health Service Diabetes Prevention Program on the Tohono O'odham Reservation, AZ. This booklet is designed for IHS and tribal health providers who want to develop school-based diabetes prevention programs.
IHS, 1992.

RISTRA Curriculum

Comprehensive American-Indian-specific, school health, education curriculum for grades K-6. Includes lesson plans for each grade level and a list of videos, student booklets, posters, puppets, etc and potential vendor sources for each item. Classroom materials and student consumables must be purchased separately. Training on the RISTRA curriculum can be arranged by calling the Health Education Program at the IHS Albuquerque Service Unit at 505-256-2924. **Limit one per order.**

Resource Material for Health Fairs

Most of the items listed in this catalog are designed to be used in counseling persons who have diabetes and with their family members. Recently there has been an increased demand for materials that can be used at community health fairs and other large gatherings where health related materials are shared.

This program suggests the following items be used as handouts for health fairs:

Tablets

- Each item comes in tear-off sheets
- A limited number can be provided
- Please duplicate (these items do not have a copyright on them)

Diabetes and American Indians: Are You At Risk?

Choosing Good Foods

Hidden Sugars

Making Fry Bread More Healthy

Hidden Fats

Tips On How To Cut Down On Fat

Hidden Sugars and Fats

Meal Planning with Diabetes

Being Active: Give Your Heart A Workout

Blood Pressure: Keep the Harmony

Tobacco Misuse: Help Your Heart

Healthy Eating: Treat Your Heart

Posters

Diabetes Awareness Poster, series of six, 24" X 36"

Healthy Eating Food Guide Poster, series of four,

Stages of Diabetic Retinopathy, 8 ½" X 11"

Booklets

IHS produced booklets do not have a copyright on them. Consider having your program reproduce them if you need these in large quantities.

Other Resources for Diabetes Educational Material

Contact these organizations directly for a catalog of materials.

(This list does not imply endorsement of information or products.)

1. National Diabetes

Information Clearinghouse

patient and health professional
information

1 Information Way

Bethesda, MD 20892

Phone: 301-654-3327

Fax: 301-907-8906

Web site: www.niddk.nih.gov/ndic

2. American Diabetes

Association

patient and health professional
information and resources on
diabetes

Order Fulfillment Department

P. O. Box 930850

Atlanta, Georgia 31193-0850

Phone: 1-800-232-6733

Fax: 770-442-9742

Web site: www.diabetes.org

3. American Dietetic

Association

patient and health professional
information on diabetes and
various nutrition related topics

Customer Service

216 W. Jackson Blvd

Chicago, Illinois 60606-6995

Phone: 1-800-877-1600 ext 5000

Fax: 312-899-4899

Web site: www.eatright.org

4. American Association of

Diabetes Educators

resources, training, membership,
and other information available for
health professionals in the field of
diabetes education

100 West Monroe Street, 4th Floor

Chicago, Illinois 60603-1901

1-800-338-3633

Web site: www.aadenet.org

5. International Diabetes

Center Publishing

“consumer resources for living
well with diabetes”

International Diabetes Center

3800 Park Nicollet Boulevard

Minneapolis, Minnesota 55416-2699

Phone: 952-993-3874

Toll Free: 888-637-2675

Fax: 952-993-1302

Web site: www.idcpublishing.com

Email: idcpub@parknicollet.com

6. Channing L. Bete, Inc

variety of consumer health
education materials

One Community Place

South Deerfield, MA 01373-0200

Phone: 1-800-477-4776 or 800-628-7733

Fax: 1-800-499-6464

Web site: www.channing-bete.com

7. Krames Communications

variety of consumer health
education materials including
diabetes

Order Department

1100 Grundy Lane

San Bruno, California 94066-9821

Phone: 1-800-333-3032

Fax: 1-866-722-4377

Web site: www.krames.com

Email: info@krames.com

8. Park Nicollet

HealthSource

variety of health promotion
publications including diabetes

Catalog Orders

3800 Park Nicollet Boulevard

Minneapolis, Minnesota 55416

Phone: 1-800-372-7776

Fax: 612-993-1840

Web site: www.healthsource.org

9. Nutrition Counseling

Education Services

variety of nutrition resources
for consumers and health professionals

1904 East 123rd Street

Olathe, Kansas 66061

Phone: 1-913-782-4385

Fax: 1-913-782-8230

Web site: www.ncscatalog.com

10. Joslin Diabetes Center

educational materials for consumers
and health professionals

One Joslin Place

Boston, MA 02215

Phone: 1-617-732-2400

Fax: 1-617-732-2562

Web site: www.joslin.org

11. National Eye Health Education Program
information and resources related to eye health including diabetes

2020 Vision Place
Bethesda, MD 20892-3655
Phone: 301-496-5248

12. National Kidney and Urologic Diseases Information Clearinghouse
information and resources related to kidney and urologic topics including diabetes

3 Information Way
Bethesda, MD 20892-3580
Phone: 301-654-4415
Fax: 301-907-8906

13. Office of Minority Health Resource Center
information and resources on a variety of health topics

P. O. Box 37337
Washington, DC 20013-7337
Phone: 1-800-444-6472
Fax: 301-251-2160
Web site: www.omhrc.gov
Email: info@omhrc.gov

14. Centers for Disease Control, Division of Diabetes Translation
information and resources for consumers and health professionals on diabetes care, educational materials, and surveillance

MS K-10
4770 Buford Highway NE
Atlanta, Georgia 30341-3724
Phone: 770-488-5000
Fax: 770-488-5966
Web site: www.cdc.gov/diabetes

15. NASCO
nutrition resources including food models for consumers and health professionals

NASCO Teaching Aids
4825 Stoddard Road
Modesto, California 95352-3837
Phone: 209-545-1600
Fax: 209-545-1669
Web site: www.nascofa.com

16. National Institute of Diabetes and Digestive and Kidney Disease of the National Institutes of Health

Web site: www.niddk.nih.gov/diabetesdocs.htm/

Specific Programs to Contact

Indian Health Service

The IHS web site contains links to IHS information and services as well as other American Indian sites.

Contact: www.ihs.gov/medicalprograms/diabetes

Native American Diabetes Project

“Strong in Body and Spirit” Community Education Curriculum and Training Program.

Curriculum is a diabetes lifestyle education program for people with diabetes and their families designed to be taught by community members. Training is for teams of at least four people.

To view the curriculum visit the web site: www.laplaza.org/dwc/prof/nadp/index/htm/

Phone 505-758-1836

Pathways

This is a multi-site research study which focuses on prevention of obesity in 3rd to 5th grade American Indian children by promoting increased physical activity and healthful eating behaviors. Published articles and bibliographies about various aspects of the study are available.

University of New Mexico Center for Health Promotion/Disease Prevention

Phone 505-272-4462 Fax 505-272-4857

National Diabetes Education Program (NDEP)

A joint program sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. This is a federally sponsored initiative that involves public and private partners to improve the treatment and outcomes for people with diabetes, to promote early diagnosis and ultimately to prevent the onset of diabetes.

Information and materials available by calling 1-800-438-5383.

Web site is: www.niddk.nih.gov/health/diabetes/ndep

NDEP American Indian Campaign

This program focuses on the seriousness of diabetes in the American Indian population.

American Indian specific campaign materials and partnership information are available through the American Association of Indian Physicians Diabetes Program. Contact:

Diabetes Program Coordinator

1225 Sovereign Row, Suite 103

Oklahoma City, OK 73108

Phone: 405-943-7072

Fax: 405-946-7651

Web site is: www.aaip.com

Nutrition

The Foods I Eat...The Foods You Eat

Multicultural Nutrition Program for Early Childhood Classroom Kit
Many Hands Media
1133 Broadway, Suite 1123
New York, New York 10010
Attn: Customer Service
212-924-2944

Kids Club: Nutrition Learning Activities for Young Children

Noteworthy Creations, Inc.
P. O. Box 335
Delphi, Indiana 46923
1-800-305-4167

Creative Nutrition Education – An Integrated Approach

Oklahoma State Department of Education, Child Nutrition Programs Section
310 Hodge Education Building
2500 North Lincoln Building
Oklahoma City, Oklahoma 73105-4599
405-521-3327

Physical Activity

SPARK (Sports, Play and Active Recreation for Kids)

SPARK Physical Education
6363 Alvarado Court, Suite 250
San Diego University
San Diego, California 92120
1-800-772-7573

Stepping Out: A Diabetes Exercise Starter Kit

Publications
American Dietetic Association
216 West Jackson Blvd.
Chicago, IL 60606-6995
1-800-877-1600

School Health

Growing Healthy Comprehensive School Health Education Program for grades K – 6th
WRS Group, Inc
P. O. Box 21207
Waco, Texas 76702-1207
1-800-551-3488

Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health
Meeks Heit Publishing Company
Editorial, Sales and Customer Services Offices
P. O. Box 121
Blacklick, Ohio 430

Health Promotion

Health Promotion Programs
College of Continuing Education (offers diabetes and wellness related conferences)
University of Oklahoma
555 East Constitution, Room 138
Norman, Oklahoma 73072
405-325-1316

Clinical Programs

“Feet Can Last A Lifetime”

A Health Care Provider’s Guide to Preventing Diabetes Foot Problems. Includes monofilament ordering information.

“Take Care of Your Feet For A Lifetime”

Information for persons who have diabetes and their family members.

Available through the National Diabetes Information Clearinghouse

Phone 301-654-3327

Web site: www.niddk.nih.gov/health/diabetes/feet

Monofilaments for Sensory Testing

Center for Specialized Diabetes foot Care
P. O. Box 373 – 405 Hayden Street
Belzoni, MS 39038
1-800-543-9055
Single 5.07 (10 gm): \$10.00

Curative Health Services
14 Research Way, Box 9052
East Setauket, NY 11733-9052
516-689-7000
Single 5.07 (10 gm): \$10.00

North Coast Medical, Inc
187 Stauffer Blvd
San Jose, CA 95125-1042
408-283-1900
Set of six assorted sizes: \$124.95
Single 5.07 (10 gm): \$24.95

Sensory Testing Systems
1815 Dallas Drive, Suite 11A
Baton Rouge, LA 70806
504-923-1297
Single 5.07 (10 gm): \$10.00

Smith and Nephew, Inc
P. O. Box 1005
Germantown, WI 53022-8205
1-800-558-8633 or 1800-228-3693
Set of five assorted sizes: \$99.95
Single 5.07 (10 gm): \$18.95

Staged Diabetes Management™

International Diabetes Center
3800 Park Nicollet Blvd.
Minneapolis, MN 55416-2699
612-993-2721
Contact your Area Diabetes Consultant for training and implementation information.

Sweet Success

California Diabetes and Pregnancy Program

Material and Resource Center
4542 Ruffner Street, Suite 130
San Diego, California 92111-2250
Ph 858-467-4990 Fax 858-467-4993

IHS National Diabetes Program Educational Material Ordering Information

Here are the following guidelines for ordering IHS Educational Material:

- ❖ Program representatives may request for material either by:
 - Fax: (505) 248-4188
 - Email: diabetesprogram@mail.ihs.gov
 - regular mail
 - or by ordering online at www.ihs.gov/medicalprograms/diabetes.
- ❖ We **DO NOT** accept orders by phone.
- ❖ Please print clearly and provide all necessary mailing information.
- ❖ Make a copy of the order form for your file.
- ❖ Orders are mailed out by 4th class mail. It takes approximately 2-3 weeks for delivery from clearinghouse. For expedited shipping at your cost, please contact the program.
- ❖ Please note that there are quantity limits for certain items as listed in resource catalog. Each order is reviewed before being forwarded to the clearinghouse.

Please call IHS National Diabetes Program at (505) 248-4182 if you have questions.

Thank You
National Diabetes Program Staff
5300 Homestead Road NE
Albuquerque NM 87110
Phone: (505) 248-4182
Fax: (505) 248-4188
Email: diabetesprogram@mail.ihs.gov

IHS National Diabetes Program Publications Order Form

Fax, mail or e-mail your request to: IHS National Diabetes Program
5300 Homestead Road NE
Albuquerque, New Mexico 87110
Ph 505-248-4182
Fax 505-248-4188
Email: diabetesprogram@mail.ihs.gov

Date _____

Requested by _____

Address _____

Zip Code _____

Phone Number _____ **Fax Number** _____

Email Address: _____

Check one: IHS Area Office _____ IHS Service Unit _____

Urban Health Program _____ Tribal Health Program _____ Other _____

Program use only			
Description List each item separately. Print clearly.	Number Requested	Number sent	Date sent Comments

Requested by _____

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